

Haulers session @ chadstone 2010

Do you **PLAN, TRACK & PROGRESS** your exercise or do you wing it each session?



Have you ever wondered why athletes can get in great competitive shape in as little as 3 months, but it seems to take you much longer to get the same results?

If you are serious about experiencing marked physical and psychological improvements and in improving your fitness, strength and body composition then **READ THIS!**

PLAN, MEASURE & PROGRESS - GET SOME CERTAINTY ABOUT YOUR RESULTS!

For certainty of results to occur from your exercise, it is essential to have a **PLAN** or program in place that factors in the essential

principles of exercise, and where the objective is to improve your efforts as the weeks go by.

Unfortunately most people who exercise do not, or seldom follow a program or track their performance, and as a result the motivation to continue on and stick to their exercise routine diminishes as there is no real certainty of the results they will achieve.



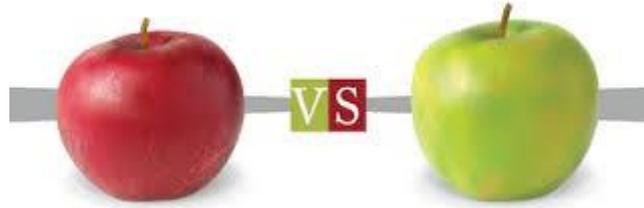
" A GOAL
WITHOUT
A PLAN
IS JUST
A WISH "

PLAN YOUR ACT, THEN ACT YOUR PLAN!

Having a program to follow is absolutely **ESSENTIAL** for those wanting to experience improvements.

A Successful PLAN must include;

- Exercises / movements within the scope of both your goals and abilities
- Different exercises / movements / activities to be cycled on different days throughout the week
- The sets, reps, distances, speed of execution, work & rest timing interactions identified (training variables)
- Progression from session to session
- It must factor in Rest & Recovery days
- It must have an objective, or end game and also a length of time which you change the program (Generally 4 weeks)



COMPARE APPLES AGAINST APPLES

It is also absolute essential that you **standardize** your exercise sessions to enable you to track changes accurately

Comparing apples against apples is what all is about, and when you repeat the exact same exercise session with the view of improving your efforts, you can get great insight to how you are progressing, and therefore have a reason for working hard which in turn **MOTIVATES YOU!**

Exercise parameters requiring standardisation are including but not limited to;

- Equipment,
- Exercise order,
- Environment,
- Work and rest intervals,
- Technique quality and range of motion, and;
- Time of day

Once you have standardized your workout and have control of these factors, you can easily ascertain if your improvements are due to a gain in fitness / strength and can eliminate any external factors which may affect performance. It also means each exercise session is a

TEST and therefore there is no real need to measure your performance and improvements through additional testing



WRITE IT DOWN – IF YOU CAN MEASURE YOU CAN MANAGE

By capturing all your efforts, it will also allow you to set realistic targets to achieve as all you need to do is simply look at what your score / effort was the previous time you did that workout and then set a target to improve!

Keeping a score sheet is absolutely essential and this really is the right scoreboard to focus on (not the mirror). A score sheet used correctly will allow

- You to capture your output each round or set (meters, reps etc)
- Goal setting
- Will provide meaningful and valuable feedback about how you are improving on each exercise, each session
- Takes the mystery out of whether or not your exercise is working for you and by how much
- Allows safe SELF-PROGRESSION which will certainly help reduce risk and likelihood of injury, as you are only aiming to beat your own previous performance

DO YOU USE A SCORE SHEET? DOES YOUR TRAINER USE A SCORE SHEET?

Haulers - 10		Name: Craig Abbott													
		Mon 23/01/17		Mon 30/01/17		Mon 06/02/17		Mon 13/02/17							
		Designated		Designated		Designated		Designated							
Day 1 Set	Order	Tyre	Rnd1	Rnd2	Rnd3	Total	% Prev	Order	Tyre	Rnd1	Rnd2	Rnd3	Total	% Prev	
1	20m Zercher Drags	2m	169	167.5	167.5	504		1	2m	180	180	180	540	7.1%	
2	Tiny Tyre Swing Throughs - 5 per 5	2t	50	48	47	145		2	2t	52	50	47	149	2.8%	
3	20m Bench Push	5L	82	80	75	237		3	5L	89.5	85	80	254.5	7.4%	
4	Medball Hammers		98	102	105	305		4		110	111	117	338	10.8%	
Notes:			Total: 1191				Total: 1281.5			Total: 1444				Total: N/A	
	Group #	1		1		1		1		1		1		1	
	Venue	Ebbw		Ebbw		Ebbw		Doncaster		Ebbw		Ebbw		Ebbw	
		Wed 25/01/17		Wed 01/02/17		Wed 08/02/17		Wed 15/02/17							
		Designated		Designated		Designated		Designated							
Day 2 Set	Order	Tyre	Rnd1	Rnd2	Rnd3	Total	%	Order	Tyre	Rnd1	Rnd2	Rnd3	Total	%	
1	20m Rope Pullthroughs	2t	80	80	80	240		1	2t	99.5	86.5	80	266	3.9%	
2	Reverse Lunge Plough Pole Press		71	66	72	209		2		82	80	78	240	3.9%	
3	20m Log Toss	2L	86	91	97	274		3	2L	100	96	93	291	1.6%	
4	Medball Pullover to Press		55	52	55	162		4		61	62	61	184	5.1%	
Notes:	Wed 15th - torn hamstring		Total: 885				Total: 948.5			Total: 981				Total: N/A	
	Group #	1		1		1		1		1		1		1	
	Venue	Ebbw		Ebbw		Ebbw		Ebbw		Ebbw		Ebbw		Ebbw	
		Difference: +7.6%		Difference: +7.6%		Difference: +7.2%		Difference: +3.4%		Difference: +10.8%		Difference: N/A		Difference: N/A	
		Vs Previous: +7.6%		Vs Previous: +7.6%		Vs Previous: +7.2%		Vs Previous: +3.4%		Vs Previous: +10.8%		Vs Previous: N/A		Vs Previous: N/A	
		Vs Initial: +7.6%		Vs Initial: +7.2%		Vs Initial: +10.8%		Vs Initial: +10.8%		Vs Initial: N/A		Vs Initial: N/A		Vs Initial: N/A	

If the answer is NO then you **may** WILL be robbing yourself of achieving a faster and more sustainable result

THE ULTIMATE EXERCISE MODEL THAT TICKS ALL THE BOXES – P.H.I.I.T!

P.H.I.I.T

Most of you have heard what H.I.I.T is, and know of its phenomenal benefits, however to really maximize and fast track your health,

Cardio vascular fitness, strength, metabolic and psychological benefits, there is far more to it than just turning up , and more than turning up and training hard!

P.H.I.I.T is HIIT but with the P which stands for PROGRESSION. The P makes a good method (HIIT) a GREAT method and system of exercise that really ticks all boxes and factors all requirements listed in this article

P.H.I.I.T > Why wait 12 months to get a result you could get safely in 3 months!

WHAT NOW?

- If you don't quite know how to go about planning a program, feel free to experience the P.H.I.I.T method first hand and book in for free TRIAL of our Haulers program
- Top level program design and group personal training for a fraction of the cost!

- *To see what the Haulers program is about:* <https://www.youtube.com/watch?v=eQLUzIPV24Q>

- *To JOIN for a FREE TRIAL session:* <http://www.heavyhaulers.com.au/trial-sessions>

- *To JOIN the next 4 week Program*:* <http://www.heavyhaulers.com.au/timetables/>
